

Terry Kigundu-PhD
Leadership Facilitator | Identity-Based Executive Coach

Helping leaders pause, realign, and rise transforming self-awareness into confident leadership and lasting impact.

Dr. Terry Kigundu is a leadership facilitator and identity-based executive coach dedicated to helping leaders especially women cultivate authentic, confident, and purpose-driven leadership. With over 17 years of experience in leadership development, she has supported emerging and established leaders to navigate complex challenges, strengthen their leadership voice, and lead with clarity and impact.

From 2015 to 2021, Dr. Kigundu led leadership development and coaching programs at the UN Women Leadership Centre at the African Centre for Transformative and Inclusive Leadership, where she supported over 4,000 women leaders in East and Southern Africa region across sectors to strengthen leadership capability and advance gender equality in leadership spaces.

She currently serves as Lead Facilitator at WomenLift Health, where she designs and delivers leadership learning experiences and provides coaching to women leaders across multiple cohorts. Her work integrates facilitation and coaching to help leaders translate insight into practice, strengthen confidence, and lead effectively through complexity and change.

Her coaching approach draws on identity-based leadership principles and integrates several globally recognized leadership assessments, including the 360 Benchmark, Workplace Big Five, Work Life Indicator, Conflict Dynamics Profile, and the Influence Style Indicator. These tools support leaders in deepening self-awareness, strengthening leadership presence, and navigating complex professional environments.

Dr. Kigundu holds a PhD in Gender and Development Studies from Kenyatta University and is a certified Executive Coach through Strathmore University.